

Golfer's Profile

Name: _____

Contact Phone Number: _____

Contact Email: _____

Please mark your current level of fitness:

- Very active – I exercise on a daily basis.
- Moderately active – I perform some type of exercise at least 3 times/week.
- Slightly active – I will exercise on occasion, but not on a regular basis.
- Not active – I don't exercise very much at all.

What is the frequency of your golf outing(s)?

- Multiple times per week.
- Once per week.
- A couple of times per month.
- Not very often.

When you golf, your typical round involves:

- Walking and carrying my clubs.
- Walking with a push cart.
- Riding in a golf cart.

What is your current handicap? _____

Do you regularly golf? Yes ____ No ____

If yes, where do you regularly golf?



How long do you spend warming up before your round? _____

Do you take golf lessons? Yes ____ No ____

If yes, where, and with whom?

Please indicate areas related to your body that you are most interested in improving:

Strength/Power

Mobility/Flexibility

Consistency

Endurance during the round

Minimizing/eliminating pain with or after my round

Other _____

What are your golfing goals? What do you hope to achieve in your sessions at My Optimum Golf?

Are you currently experiencing pain or do you have any present or past injuries that we should be aware of?
